

IS ONE PLANET ENOUGH?

How many Earths would be needed if everyone on the planet enjoyed your standard of living? Find out how much land is needed to support your lifestyle - your ecological footprint



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Questions

Pick the answers that best apply to you

WATER

- Have you had a bath every day this week? If yes, score 14
- If you have a bath just on Sunday night—or twice a week, score 2
- Do you shower every day rather than have a bath? If so, score 4
- Do you think we're too obsessive about personal hygiene? If you take a shower once a week, score 1

Score

And...

- If you use your dishwasher every day or every other day, score 6
- On hot, sunny summer days, do you water the garden or wash the car with a hosepipe? Score 4

Score

FOOD

- When you last went shopping, did you buy only locally produced fresh products—such as bread, vegetables and meat? If yes, score 2
- Alternatively, do you buy more heavily packaged and processed items and not even bother to look at where food comes from? If the answer is yes, score 15
- Or, do you search out food that comes from closer to home? If you are successful at least part of the time, score 5

Score

And...

- What sort of food do you eat? Do you insist on meat with every meal? If so, score 85
- Or do you eat mostly vegetarian dishes? If so, score 30

Score

WHERE YOU LIVE

If you share your home, divide the score by the number of people sharing and round up the answer. If your home is...

- a flat with just enough room to swing a cat, score 7
- a terraced house, score 15
- a large and spacious flat, score 12
- a semi-detached house, score 23
- a detached house, score 33

Score

HEATING & COOLING YOUR HOUSE

If you have no heating or air conditioning, score 0 and skip to the next section.

For everyone else, the energy to heat or cool your home probably comes from burning fossil fuel, which releases carbon dioxide. To soak up this greenhouse gas, a wood will have to be planted, using up precious land. *So, start this section with a score of 45.* On the bright side, you get to subtract some points

- If you prefer to add another layer of clothes before turning up the heating, subtract 5
- If you use natural ventilation rather than the air conditioning, subtract 15
- Do you only turn on the heating or air conditioning when absolutely necessary rather than keeping it on the timer all year round? If so, subtract 10

Score

ELECTRICITY

If your power comes from only renewable sources, score 2 and skip to the next section. For everyone else, generating your electricity releases carbon dioxide, so start this section with a score of 75

- Do you always switch off the lights if a room is no longer in use? If yes, subtract 10
- Computers, TVs and hi-fis can now be left on standby. If you shun this setting and switch these devices right off, subtract 10

Score

HOLIDAY (and business)

Where did you go last year?

- If you flew as far as Europe, score 155
- If you flew to Asia or the Americas, score 85
- If you flew within Australia, score 20
- If, instead, you went by road or rail somewhere in Australia, score 10

Score

DAILY TRAVEL

- Did you drive to college or work today? Is your car a modern, small-engined car? If so, score 40
- Or do you drive a big 4-by-4? Score 75
- If your car is something between these two, score 50
- Do you take a bus or train, rather than travel by car? If so, score 25
- If you are fortunate enough to cycle to work or college, score 3

Score

PAPER

- The last book you read, did you borrow or buy it?
- If you always buy, score 2
 - If you always borrow, score 0
 - If it's half and half, score 1
 - Do you always share your newspapers and magazines? If so, score 5
 - If you bin your newspapers when you have finished with them, score 10

Score

WASTE

- To dispose of waste, you're once again going to use up valuable land. So, start this section with a score of 100.
- Do you return your bottles for recycling? If you do, subtract 15
 - If you separate out waste paper for recycling, subtract 17
 - If you keep used cans apart and recycle them, subtract 10
 - Do you recycle your plastic containers? If so, subtract 8
 - Are you keen on composting the organic waste left over from the kitchen and garden? If so, subtract 5
 - If you avoid generating waste by, say, buying less or reusing things then subtract 15

Score

TOTAL SCORE

SCORE

Many of the amenities you use every day, from roads to shops and buildings, make their own demands on land. People who consume more tend to rely more on these amenities. So, to take account of this, double your score

Each "point" in your score is equal to one-hundredth of a hectare. So, for example, a score of 350 is equal to about 3.5 hectares

Name: _____
 Phone: _____
 Email: _____
 Postcode: _____
 Organisation/School _____

FINAL SCORE

PLANET CHART



200 or under Well done, you are living within or close to the average Earth share. If everyone lived like you, then human and non-human existence could be sustainable and equitable. Around two-thirds of the global population have a footprint lower than 200



200 - 400 Your footprint is below the Australian average. However, this is still around twice the average Earth share. If everyone on the planet lived like you we would need at least one "extra" planet to support consumption. About 15 per cent of the world's population falls into this category



400 - 600 Your footprint is close to the European average. This is about three times greater than the Earth share. If everyone lived like you we would need two additional planets to support us! About 7 per cent of the world's population falls into this category



600 - 800 Your footprint is just below that of the average Australian and still below that of the average North American. If everyone lived like you we would need to find three additional planets! About 3 per cent of the world population falls into this category



Over 800 Your footprint is now close to that of the average Australian and North American. If everyone consumed the same we would need at least four extra planets to live sustainably. About 5 per cent of the world's population have a footprint this big

Not convinced? This quiz gives only a crude estimate of your personal footprint. For a more detailed online calculator, go to www.ecologicalfootprint.com

Further reading: *Sharing Nature's Interest* by Nicky Chambers, Craig Simmons and Mathis Wackernagel, published by Earthscan

